



MENTAL HEALTH FIRST AID

FOR COMMUNITY MANAGERS



DELIVERED BY [MINDFITNESS.TRAINING](https://www.mindfitness.training)

MENTAL HEALTH FIRST AID TRAINING for COMMUNITY MANAGERS

IT'S HAPPENING AGAIN IN 2022!

The role of the Community Manager can seem limitless and, without clear frameworks and defined expectations, the internal and external demands can also be overwhelming. Managing online communities presents significant challenges that require a confident set of supportive peer skills. Community Managers also need to know about the relevant professional resources available to them should they need to refer people onwards for support. Safe In Our World has developed a course, in conjunction with Mind Fitness, that will provide the knowledge, confidence and practical skills for delegates to be able to effectively set boundaries, provide non-clinical Mental Health Support and know how to take care of their own, and their community's wellbeing.

This course assembles current best practice around Mental Health First Aid and applies these principles to the specific challenges that Community Managers have to cope with.

Course Overview

- 4 individual sessions of 3 hours each delivered over a 2 week period
- Individual learning coursework in between each session
- Aims of Safe in Our World Mental Health First Aid certification
- Understanding mental health, stigma and discrimination
- Key legislation, policy and insights from the World Health Authority
- Recognising the primary mental health issues
- Anxiety disorders
- Mood disorders
- Substance misuse disorders
- Understanding the RESPOND framework
- Applying the RESPOND framework
- Establishing healthy boundaries and roles/responsibilities
- Understanding safeguarding and best practice guidelines
- Understanding intersectionality, diversity and best practice guidelines
- Conflict management/resolution skills

- Recognising different personality types and communication styles
- Understanding wellbeing and learning practical skills to take care of one's own mental health
- An introduction to mindfulness and the neuroscience behind it
- Managing stress effectively
- Knowing what to do in a mental health emergency
- Feeling confident about referring people to the appropriate professional mental health support resources
- Developing emotional intelligence
- Developing advanced evaluation and communication skills
- Becoming a mental health role model by preserving life, reducing harm, promoting recovery and providing comfort and support to anyone in need

These are the specific learning outcomes that delegates will have achieved, after completing the Community Managers Mental Health First Aid Training:

Able to understand the primary goals of a Mental Health First Aider

Able to identify a range of common mental health challenges based on current best practice insights about how people present whilst experiencing these common conditions

Able to apply the RESPOND technique to provide non judgmental support to any person experiencing a mental health challenge

Able to confidently take care of one's own wellbeing and mental health whilst working as a Community Manager

Able to reflect on challenges and communicate with clarity and purpose in order to influence and direct positive outcomes for the communities you manage